



Dinner recipe.
**Red lentil soup with
chorizo**

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Preparation.

1. Put the lentils and broth cube in a ziplock.
2. Stick the chorizo and garlic in another bag.
3. The tomato, smoked paprika and chili in another one.
4. Carry the olive oil in a container of its own.

Instructions.

5. Cold soak the red lentils with stock for 90 minutes in a cup of water.
 6. Put the oil and chorizo bag in the pot and sauté for 2 minutes.
 7. Add the cold soaked lentils and tomato paste bag and simmer for 3 minutes.
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Ingredients.

- Dried red split lentils, 3.5oz(100gr) 370kcal
- Chorizo, 1.75oz(50gr) 180kcal
- Tomato paste, 1oz(30gr) 32kcal
- 0.5 cube vegetable stock, 0.25oz(7gr) 19kcal
- 1.5 tbsp olive oil, 0.5oz(15gr) 135kcal
- 0.5 tbsp smoked paprika, 0.15oz(5gr) 20kcal
- 1 clove garlic, 0.1oz(3gr) 4.5kcal
- 0.25 tsp chili, 0.015oz (0.5gr, 2kcal)

8.6oz(244gr) 750kcal
kcal/oz=87.2